

4th grade

# CORDILLERA ADMINISTRATIVE REGION: (CAR)

Lesson 1

- ## INTRODUCTION
- **Cordillera Administrative Region, or CAR**, is an administrative region in the Philippines occupying the northern-central section of Luzon.
  - It is the country's only land-locked region. It has a mountainous topography and dubbed as the **"Watershed Cradle of North Luzon"**

## CAR

It covers 6 provinces, namely, Abra, Apayao, Benguet, Ifugao, Kalinga, and Mountain Province.

Province or HUC	Capital	Population (2020 estimate) <sup>[4]</sup>	Area <sup>[25]</sup>	Density	Cities	Munis.	Barangays			
		•	km <sup>2</sup> • sq mi	/km <sup>2</sup> • /sq mi	•	•	•			
Abra	Baguio	13.7%	247,802	4,190.72	1,621.52	59	160	0	27	303
Apayao	Kahigao	6.9%	123,646	4,502.33	1,738.36	28	73	0	7	133
Benguet	La Trinidad	46.8%	846,552	2,769.08	1,069.15	310	800	1	13	140
Ifugao	Laguna	11.7%	210,669	2,618.01	1,010.82	80	210	0	11	176
Kalinga	Tabuk	12.2%	220,229	3,282.04	1,267.20	67	170	1	7	153
Mountain Province	Bontoc	8.7%	156,968	2,369.43	922.56	66	170	0	10	144
Baguio †	—	20.5%	370,218	57.51	22.20	6,400	17,000	—	—	129
Total			1,722,006	19,818.12	7,651.82	87	230	2	75	1,178

† Baguio is a highly-urbanized city; figures are excluded from Benguet.

## LOCATION

It is bounded on the North by Cagayan; on the East by Isabela and Nueva Vizcaya; on the South by Pangasinan and on the West by La Union, Ilocos Sur and Ilocos Norte.

## HISTORY

July 15, 1987  
Executive Order No. 220 was issued creating the Cordillera Administrative Region.

October 23, 1989  
Republic Act No. 6766 was passed. Providing for an Organic Act for the Cordillera Autonomous Region.

January 30, 1989  
Plebiscite was done. It was only Ifugao which voted favorably.

March 9, 1998  
A plebiscite was held and invalidated the act. The region was created but reduced to a regular administrative region.

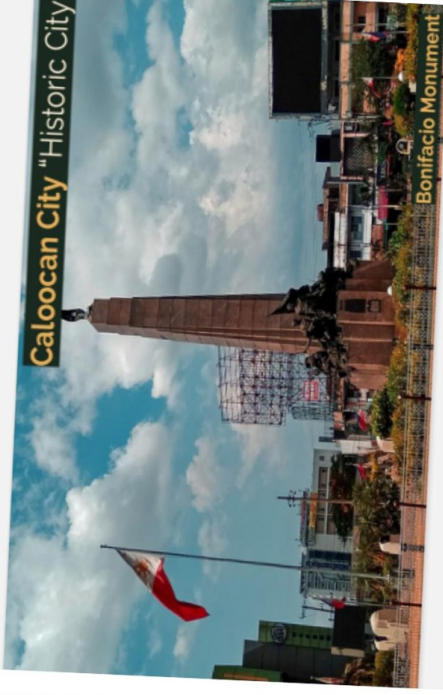
January 1998  
A group of lawyers challenged the constitutionality of the act.

December 22, 1997  
Republic Act No. 8438 was signed and created the Cordillera Autonomous Region.

**Makati City** "Financial Capital of the Philippines"

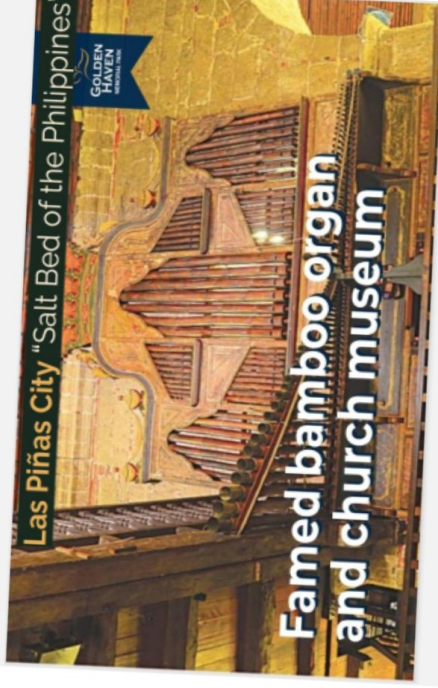


**Caloocan City** "Historic City"



Bonifacio Monument

**Las Piñas City** "Salt Bed of the Philippines"



Famed bamboo organ  
and church museum

**Malabon City** "Venice of the Philippines"



4th grade

# NATIONAL CAPITAL REGION: (NCR)

Lesson 1

## LOCATION

- NCR is bordered by the provinces of Bulacan to the north, Rizal to the east, Cavite to the south-west and Laguna to the south. Manila Bay lies to the west and Laguna de Bay to the south-east.



## NCR

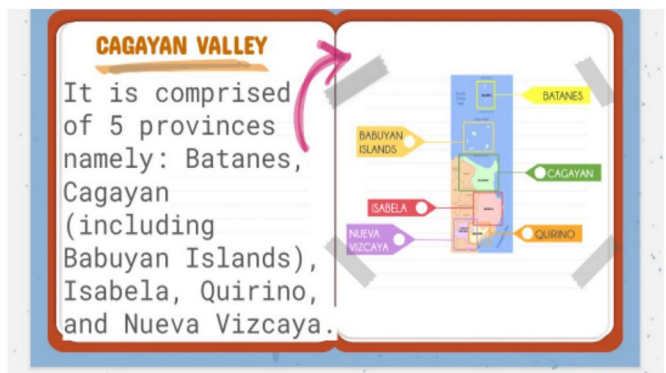
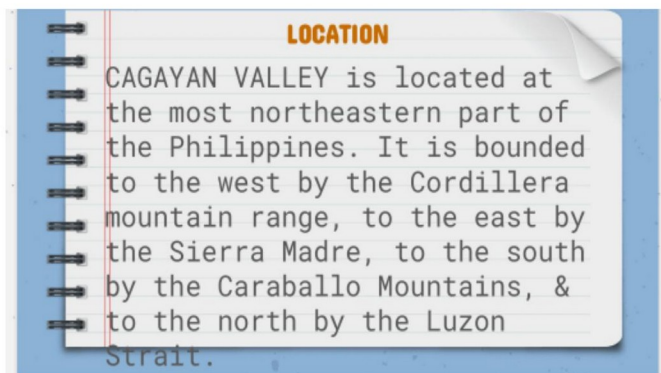
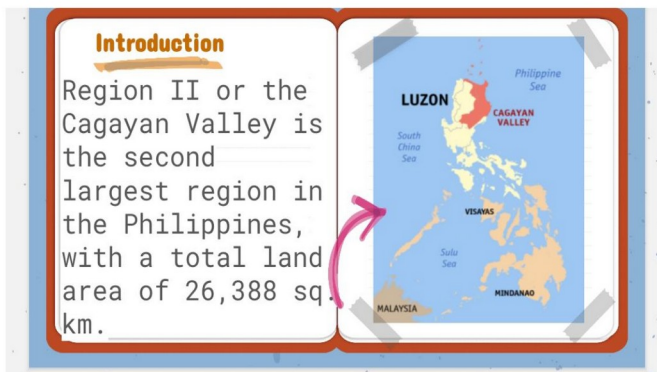
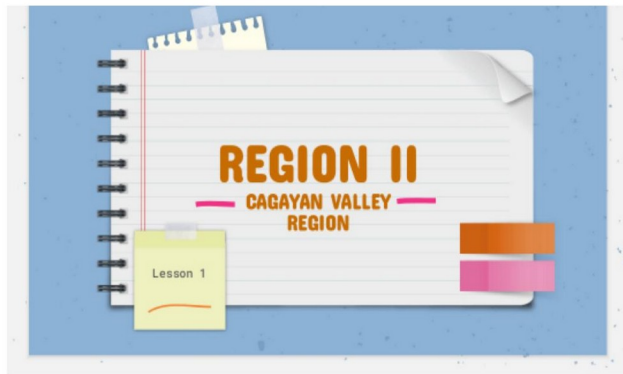
- It covers 1 municipality, as well as 16 highly urbanized cities. The 16 cities include Caloocan, Malabon, Navotas, Valenzuela, Quezon City, Marikina, Pasig, Taguig, Makati, Manila, Mandaluyong, San Juan, Pasay, Parañaque, Las Piñas, and Muntinlupa. Pateros is the lone municipality in the region.



## INTRODUCTION

- National Capital Region**, officially designated as *NCR*, and also known as Metropolitan Manila is the country's political, economic, and educational center.
- It is the only region in the country without any province.







Paal Sand Bar Source: <http://www.philippineislands.com>

### MARINDUQUE

"The  
Lenten  
Capital"



Apurong Source: <http://www.philippineislands.com>

### OCCIDENTAL MINDORO

"The  
Marine  
Wonderland"



Mt. Guiting-Guiting Source: <http://www.philippineislands.com>

### ROMBLON

"The  
Marble  
Capital"



Puerto Galera Source: <http://www.philippineislands.com>

### ORIENTAL MINDORO

"The  
Loveliest  
Harbor in  
the Island"



El Nido, Palawan Source: <http://www.philippineislands.com>

### PALAWAN

"Home of  
the New  
Seven  
Wonders of  
Nature"



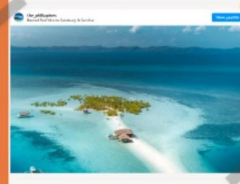
**CAMARINES SUR**  
"Home to  
the  
World's  
Smallest  
Fish"



**ALBAY**  
"Home of  
Mt. Mayon"



**CAMARINES NORTE**  
"Home of  
the First  
Rizal  
Monument"



**MASBATE**  
"Land of  
the  
Howling  
Winds"



**SORSOGON**  
"Whaleshark  
Capital of  
the World"



**CATANDUANES**  
"Land of  
the  
Howling  
Winds"

## LOCATION

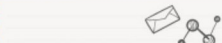
It is an archipelagic having no land border with another region. It is bounded in the north by CALABARZON and Verde Island; in the southeast by Bicol region & Pacific Ocean; in the south lies Panay islands and on the west is South China Sea.

## HISTORY

### MIMAROPA: A TIMELINE

**May 17, 2000:**  
Department of Education (DepEd) Div. Office, MIMAROPA Region, was created by virtue of Department Order No. 100, s. 2000, to replace the MIMAROPA Region Office, which was created by virtue of Department Order No. 100, s. 2000.

**May 22, 2000:**  
Department of Education (DepEd) Div. Office, MIMAROPA Region, was created by virtue of Department Order No. 100, s. 2000, to replace the MIMAROPA Region Office, which was created by virtue of Department Order No. 100, s. 2000.



**August 10, 2000:**

Department of Education (DepEd) Div. Office, MIMAROPA Region, was created by virtue of Department Order No. 100, s. 2000, to replace the MIMAROPA Region Office, which was created by virtue of Department Order No. 100, s. 2000.

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## POLITICAL DIVISIONS

Province or HUC	Capital		Population (2020) <sup>[1]</sup>	Area	Density	Cities	Muni.	Barangay
				km <sup>2</sup> sq mi	/km <sup>2</sup> /sq mi			
Marikina	Bac	7.4%	239,207	952.58 367.79	250 650	0	6	218
Occidental Mindoro	Mamburao	16.3%	525,354	5,865.70 2,264.76	90 230	0	11	162
Oriental Mindoro	Talisan	28.1%	908,339	4,238.40 1,636.46	210 540	1	14	426
Palawan	Puerto Princesa	29.1%	939,594	14,649.70 5,656.28	64 170	0	23	367
Romblon	Romblon	9.6%	308,985	1,533.50 592.09	200 520	0	17	219
Puerto Princesa	—	9.5%	307,079	2,381.02 919.32	130 340	—	—	66
<b>Total</b>			<b>3,228,558</b>	<b>29,620.90</b>	<b>11,436.69</b>	<b>110</b>	<b>280</b>	<b>71</b>

<sup>[1]</sup> Puerto Princesa is a highly-urbanized city pursuant to Presidential Proclamation No. 1264.<sup>[1][2]</sup> Figures are excluded from Palawan.

## TOURIST SPOTS

MIMAROPA is one of the busiest regions in terms of tourism. It has all kinds of scenic spots one can ask for. From forests, to white sand beaches, to rock formations and mountain peaks, to diverse marine life.



### HISTORY

The Bicol region was known as Ibalong, variously interpreted to derive from "Ibalio"- "to bring to the other side"; "ibalon"- "people from the other side" or "people who are hospitable and give visitors gifts to bring home"

### HISTORY

The Bicol River was first mentioned in Spanish documents in 1572. It was also called Los Camarines after the huts found by the Spaniards in Camalig, Albay. The Aeta from Camarines Sur to Sorsogon strongly suggest that aborigines lived there long ago.

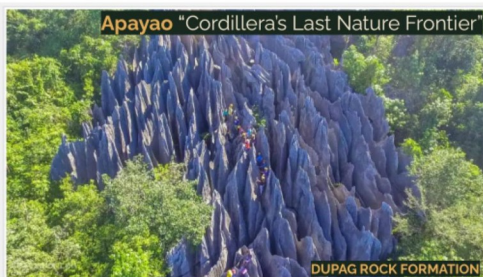
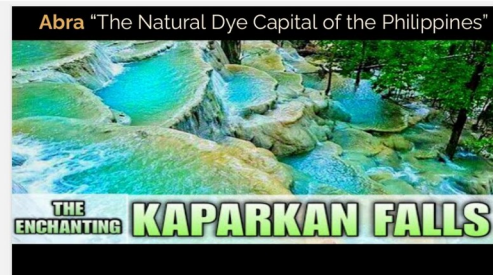
### POLITICAL DIVISIONS

Province	Capital	Population (2020) <sup>[6]</sup>	Area <sup>[9]</sup>		Density		Cities	Muni.	Barangay	
			km <sup>2</sup>	sq mi	/km <sup>2</sup>	/sq mi				
Albay	Legazpi City	22.6%	1,374,768	2,574.91	994.18	530	1,400	3	15	720
Camarines Norte	Daet	10.4%	629,699	2,277.93	879.51	280	730	0	12	282
Camarines Sur	Pili	34.0%	2,068,344	5,511.90	2,128.16	380	980	2	35	1,063
Catanduanes	Virac	4.5%	271,879	1,492.16	576.13	180	470	0	11	315
Masbate	Masbate City	14.9%	908,920	4,138.56	1,597.91	220	570	1	21	550
Sorsogon	Sorsogon City	13.6%	828,655	2,119.01	818.15	390	1,000	1	14	541
Total			6,082,165	18,114.47	6,994.04	340	880	7	107	3,471

### TOURIST SPOTS

Bicol Region is a destination suitable for all with its historical sites, eco-tourism and watersports. Let's not forget about the whale sharks and manta rays, which is something that Bicol famous for.





## TOURIST ATTRACTION

ILOCOS NORTE "Northern Gateway of the Philippines"



## TOURIST ATTRACTION

PANGASINAN "Salt Making Capital of the Philippines"



## TOURIST ATTRACTION

ILOCOS SUR "Heritage Haven of the Far North"



## TOURIST ATTRACTION

LA UNION "The Surfing Capital of the North"



## Region 3 – Central Luzon

The region contains the largest plain in the country and produces most of the country's rice supply, earning itself the nickname "Rice Granary of the Philippines". Its provinces are: [Aurora](#), [Bataan](#), [Bulacan](#), [Nueva Ecija](#), [Pampanga](#), [Tarlac](#) and [Zambales](#).



Central Luzon Region is located north of Manila, the nation's capital. Bordering it are the regions of Ilocos, Cordillera Administrative Region and Cagayan Valley to the north; National Capital Region, CALABARZON and the waters of Manila Bay to the south; South China Sea to the west; and the Philippine Sea to the east.

There are fourteen cities which include: Balanga in Bataan; Malolos, Meycauayan and San Jose del Monte in Bulacan; Cabanatuan, Gapan, Muñoz, Palayan and San Jose in Nueva Ecija; Angeles, Mabalacat and San Fernando in Pampanga; Tarlac in Tarlac; and Olongapo in Zambales. Central Luzon produces the most rice in the whole country. Excess rice is delivered and imported to other provinces of the Philippines.

## REGION III CENTRAL LUZON

Central Luzon (Filipino: Gitnang Luzon, also known as Region III), is an administrative division or region of the Republic of the Philippines, primarily serve to organize the 7 provinces of the vast central plain of the island of Luzon (the largest island), for administrative convenience. The region contains the largest plain in the country and produces most of the country's rice supply, earning itself the nickname "Rice Granary of the Philippines". Its provinces are: Aurora, Bataan, Bulacan, Nueva Ecija, Pampanga, Tarlac, and Zambales.



## Central Luzon Compose of the ff Provinces

Province or <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> <span> </span> 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† Angeles and Olongapo are highly-urbanized cities; figures are excluded from Pampanga and Zambales respectively.



# REGION 1 THE ILOCOS REGION

## LESSON 1



## LOCATION

- The Ilocos Region lies on the northwestern coast of Luzon.
- In its eastern borders are Cordillera Administrative Region and Cagayan Valley, Central Luzon in south, and to the west north is the West Phil. Sea.
- Its strategic location has made it the gateway to East Asia.



## POLITICAL DIVISIONS

- Ilocos Norte- Laoag City
- Ilocos Sur- Vigan City
- La Union- San Fernando City
- Pangasinan- La Union

Table 3. Total Population by Province Based on Various Censuses  
Region I - Ilocos

Province	Total Population			
	2000	2010	2015	2020
Ilocos Norte	514,241	568,017	593,081	609,588
Ilocos Sur	594,206	658,587	689,668	706,009
La Union	657,945	741,996	788,653	822,352
Pangasinan	2,434,086	2,779,862	2,956,726	3,163,190

Source: Philippine Statistics Authority

## HISTORY

- 1571- The Spanish Conquistadors began looking for new sites to conquer led by Juan de Salcedo.
- June 13, 1572- Salcedo and his men landed in Vigan, and were surprised to see numerous sheltered coves ("looc")
- Named the region "Ylocos" and the people "Ylocanos"



## HISTORY

• There are two distinct versions as to where the word "Ilocos" originated. In Isabelo de los Reyes' *Historia de Ilocos* (1889), he said that it evolved from the word "ilog" (river).



• Ilocos means "people in the river", very much like the Tagalog's "tago-ilog" which referred to the early settler's living along riverbanks





### 1. Nueva Ecija

#### HISTORY

- In 1705, Spanish Governor General Fausto Cruzar created the province and named it Nueva Ecija after his hometown Ecija in Seville, Spain.
- In 1868, Nueva Ecija annexed a long strip of territory facing the Pacific Ocean in the east that extended from Palawan (now in Isabela) in the north to Infanta in Tayabas (now Quezon) in the south.

#### MAJOR INDUSTRIES

- Its principal crops are rice, corn, and onion. The province is often referred to as the "Rice Bowl of the Philippines." Other major crops are mango, banana, eggplant, and garlic.
- Fishponds are unevenly distributed.
- Nueva Ecija is one of the top producers of agricultural goods in the throughout the province but the largest concentrations are in San Antonio, Sta. Rosa, and Cuyapo.
- Several areas have mineral deposits. Copper and manganese have been found in Gen. Tinio, Carranglan, and Patabangan. The upper reaches of Carranglan and Palyan are said to contain gold.

### 2. PAMPANGA

#### HISTORY

- Pampanga was already the site of thriving settlements along riverbanks or "pampang" before the Spaniards came. The inhabitants were referred to as "Kapampangans" or "the people by the river bank."
- Upon exploration by Martin de Goiti, Pampanga was established in 1571. In 1754, a strip from Dinalupihan to Orion was ceded to Bataan.

- In 1848, the province lost five towns to Nueva Ecija, and San Miguel to Bulacan. By 1860, its northern district was made into a separate comandancia. This district was made a part of Pangasinan in 1874, and the towns of Mabalacat, Magalang, Porac, and Floridablanca were returned to Pampanga.

### 3. AURORA

- Baler was a part of Nueva Ecija until 1902, when it was ceded to Tayabas (now Quezon province). During the Commonwealth period, when President Quezon unexpectedly visited Binondo, he named it Aurora in honor of his wife.

- In 1959, municipalities now comprising the province were organized into Aurora, then a sub-province of what had become Quezon. The municipality of Aurora was changed to Maria Aurora.

- On August 13, 1979, Aurora became a separate province by virtue of Batas Pambansa No. 7.

- Aurora is a Sanctuary Of Nature's Splendor. Beyond the lush forest of the Sierra Madre mountains lies a splendid land so unbelievably rich and untouched. Aurora, otherwise known as the "Sanctuary of Nature's Splendor."

- Aurora has a total land area of 308,122 hectares. Its main link to the rest of Luzon is a narrow mountain gravel road twisting across the Sierra Madre mountain ranges between Baler and the municipality of Bongabon in Nueva Ecija.

### BATAAN

#### HISTORY

- Bataan was established in 1754 by Governor General Pedro Manuel Arandia out of territories belonging to Pampanga and the corregimiento of Mariveles, which at the time included Maragondon in Cavite across the bay.

- The province had had more than its share of significant historical events. In 1647, Dutch Naval Forces attempting to invade the country perpetrated the Abucay massacre in one of its towns. In the late 1700s, the dreaded Chinese private Limahong used Lusong Point on the western sides as the landing place to launch his conquest of Luzon. In the Philippine Revolution of 1896, Bataan joined the other provinces in Luzon, which revolted against Spanish rule.

### TARLAC

#### HISTORY

- Tarlac's name is derived from a talahib weed called "MALATARLAK."
- Tarlac was originally a part of the provinces of Pampanga and Pangasinan. It was last province in Central Luzon under the Spanish administration in 1874. During the Philippine revolution of 1896, Tarlac was among the first 8 provinces to rise against Spain.

#### GEOGRAPHY

- The province is situated at the center of central plains of Luzon.
- It has 2 distinct season: dry from November to April and wet for the rest of the year. It is the coldest province in the region, with an average of 24 Degree Celsius.
- Eastern Tarlac is a plain, while Western Tarlac is hilly to mountains.

### ZAMBALES

- Its capital is Iba.
- Zambales borders Pangasinan to the north, Tarlac and Pampanga to the east, Batan to the south and South China Sea to the west.
- It has a land area of 3,830.83 km.
- 2<sup>nd</sup> largest among the 7 provinces of Central Luzon.
- The province noted for its mangoes, which are abundant from January to April.
- Zambales does not have a functional airport- the closest airport is Clark International airport.

- Zambales is the home town of President Ramon Magsaysay, who is commemorated by the Birth Marker in Iba and the Ancestral House in Castillejos. Recreation in Zambales includes a trip to the fish sanctuary in Silanguin Bay, diving in Capones and San Salvador Islands, and swimming the clear waters and silver sands of Iba. Subic Bay activities include jungle trekking and water sports, a trip to the Marine Exploratorium, Spanish Gate, Tappan Park and Grande Island.